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2018

Modeling Safe Sleep Practices for the Newborn in the Hospital: Is it Happening?

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Recommended Citation

Sperry, Marietta and Kohlieber, Kimberly, "Modeling Safe Sleep Practices for the Newborn in the Hospital: Is it Happening?" (2018). *Books, Presentations, Posters, Etc.*. 51.

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Modeling Safe Sleep Practices for the Newborn in the Hospital



Background:

- Despite extensive training, nurses have been noted to model unsafe sleep practices for the newborn in the hospital (Stringer, 2016).
- There is a reluctance of nurses to comply, notwithstanding the implementation of “Back to Sleep” programs, and documentation of parents educated in safe sleep practices (Patton, Stiltner, Wright, & Kautz, 2015).
- Parents report they repeat behavior seen in the hospital at home (McMullen, Fioravanti, Brown, & Carey, 2016; Patton et al., 2015).
- Incidences of sudden infant death syndrome (SIDS) continue to occur; reduction rate has plateaued (Centers for Disease Control and Prevention [CDC], 2018).

Methods:

Systematic review of scholarly literature in CINAHL, Google Scholar, and Pub Med, with key words: “SIDS,” “Safe sleep” AND “teaching,” OR “Nurses,” “modeled,” OR “Unsafe sleep,” OR “teaching,” OR “demonstration” for last five years.

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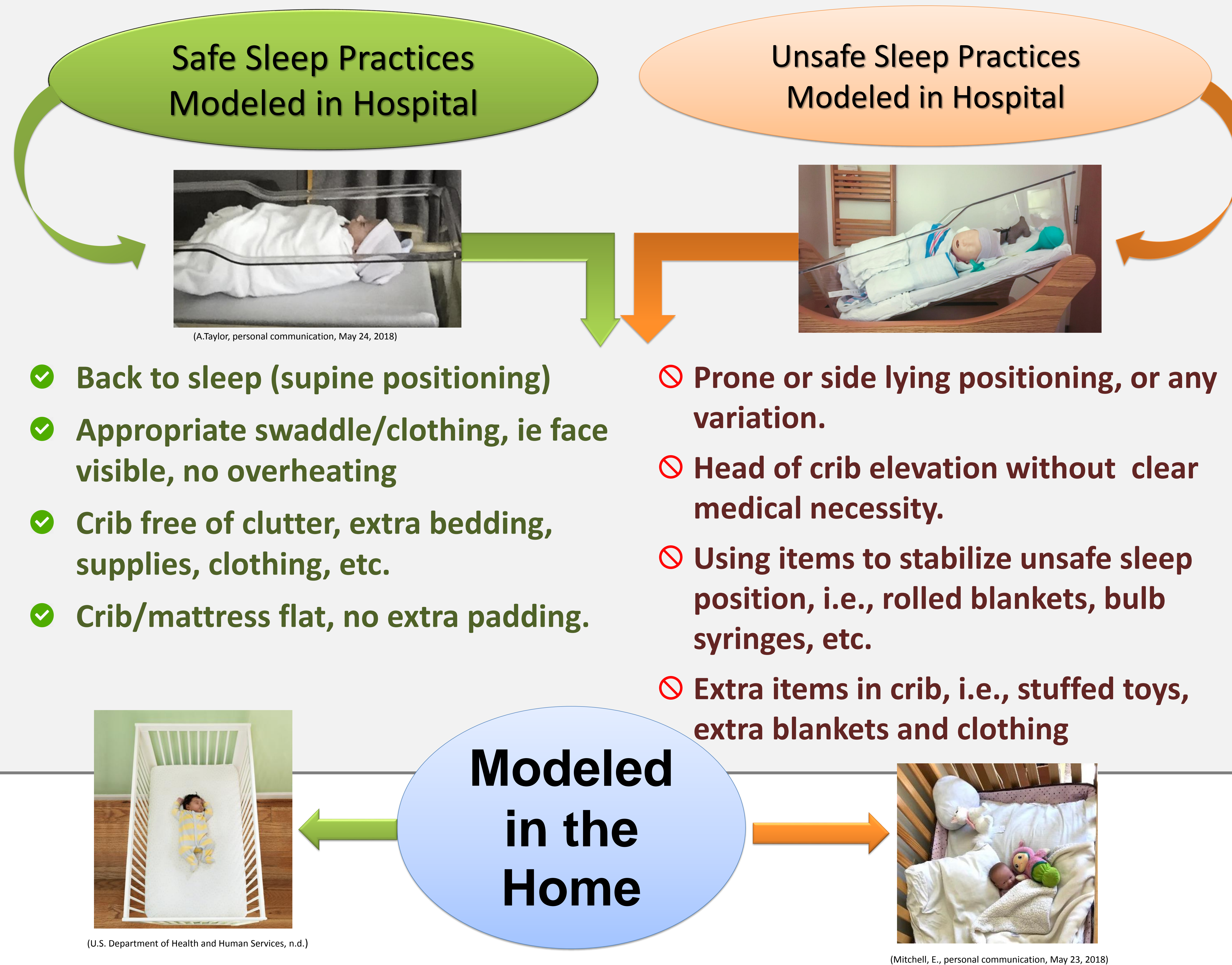
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Acknowledgements

Thank you to the Young & Taylor families for use of newborn pictures

Is it Happening? Safe Sleep Vs. Unsafe Sleep



Discussion:

Every nurse must model a consistent, safe sleep, message at every bedside interaction throughout the hospital stay (CDC, 2018; McMullen, et al., 2016; Patton et al., 2015; Stringer, 2016).

Recommended Interventions:

- Nurse re-education & mandatory declaration of education to include:
- Education to resolve primary reason for non-compliance; perceived risk of aspiration for supine positioning by nurses
- Awareness that modeled unsafe sleep behaviors are continued by parents at home.
- Avoid using items such as rolled blankets, bulb syringes to support unsafe positioning or propping the bassinet up in the crib while in the hospital.
- Non-supine positioning should be utilized **only** when medically indicated, and with clear education for parents
- Nurse Champion to document and follow up on unsafe sleep observations.
- Safe sleep education to be disseminated to parents.
- Consider use of alternative bassinets in-hospital.